

| FMS/YBT Score Sheet         |       | FMS Report |  |
|-----------------------------|-------|------------|--|
| Name:                       | Score | Comments   |  |
| Deep Squat                  |       |            |  |
| Hurdle Step L               |       |            |  |
| Hurdle Step R               |       |            |  |
| Inline Lunge L              |       |            |  |
| Inline Lunge R              |       |            |  |
| Shoulder Mobility L         |       |            |  |
| Shoulder Mobility R         |       |            |  |
| Active Straight Leg Raise L |       |            |  |
| Active Straight Leg Raise R |       |            |  |
| Trunk Stability Pushup      |       |            |  |
| Rotary Stability            |       |            |  |
| Ankle Clearance             |       |            |  |
|                             |       |            |  |
| FMS: Primary Issue:         |       |            |  |
| FMS: Secondary Issue        |       |            |  |
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# FMS/YBT Score Sheet

# YBT Report

[by Paul Roberts](#)

|                         |                         |                    |   |                                      |
|-------------------------|-------------------------|--------------------|---|--------------------------------------|
| Name:                   | Right limb length in CM | _____              | 3x Limb Length  | _____                                |
|                         | Left Foot Pushing       | Right Foot Pushing | Difference (no greater than 4)  | Observations                         |
| Anterior                |                         |                    |   |                                      |
| Posteromedial           |                         |                    |   |                                      |
| Posterolateral          |                         |                    |   |                                      |
| Score: above 1 is good  |                         |                    |   | Sum(greatest reach)/ 3 x Limb Length |
|                         |                         |                    |   |                                      |
| Right limb length in CM | _____                   | 3x Limb Length     | _____   |                                      |
|                         | Left Hand Pushing       | Right Hand Pushing | Difference (no greater than 4)  | Observations                         |
| Medial                  |                         |                    |   |                                      |
| Inferolateral           |                         |                    |   |                                      |
| Superolateral           |                         |                    |   |                                      |
| Score: above 1 is good  |                         |                    |   | sum(greatest reach)/ 3 x Limb Length |
|                         |                         |                    |   |                                      |
| Main InBalance:         |                         |                    |   |                                      |
| Secondary Imbalance     |                         |                    |   |                                      |
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| FMS/YBT Score Sheet   |  | Summary Report   |  |
|-----------------------|--|------------------|--|
| Date of Test          |  | Client Name      | Severity   |
| Primary Imbalance     |  |                  |  |
| Secondary Imbalance   |  |                  |  |
| Tertiary Imbalance    |  |                  |  |
|                       |  |                  |  |
| Corrective Ex. 1      |  | Corrective Ex. 4 |  |
| Corrective Ex. 2      |  | Corrective Ex. 5 |  |
| Corrective Ex. 3      |  | Corrective Ex. 6 |  |
|                       |  |                  |  |
| Retest Date Suggested |  |                  |  |
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